

5

Effective Ways to Boost your *Learning Power*

Time Proven
Strategies to
Supercharge your
Learning.

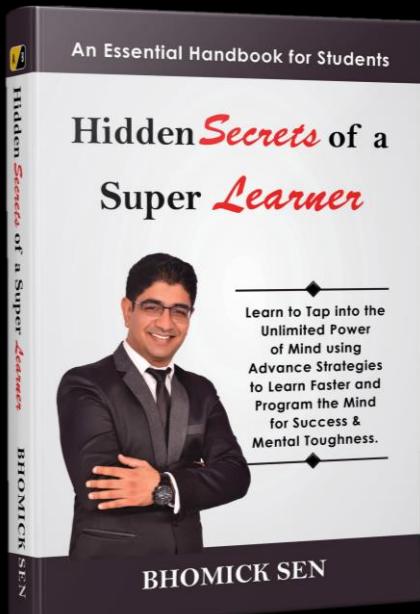


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Memory & Mindset Coach, Public Speaking Trainer and a Tedx Speaker.

- Empowering Youth via Confidence Building and Public Speaking workshops for past 10 years.
- For last 5 years working as an **Academic and Mindset Enabler** by harnessing the power of Time proven, Super-effective Mind and Memory methodologies
- The Special Mindset Coaching “**Unbeatable Mind**” form the foundation for the youth and help them better control their mind by being “**Mentally Tough**”



SIGNATURE PROGRAMS

- Super Memory - Hidden Secrets of a Super Learner.
- Mental Toughness - Mind your Mind and Be Unbeatable.
- Public Speaking - Bringing the Orator out of you.
- Campus to Corporate – Ensuring a Smooth Transition.
- Personal one to one Coaching

My Super Book
Dedicated to
STUDENTS!!





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about the Secrets](#)

Learning - A Permanent Affair

I will start this book by showing you some pictures . And these will be of some famous people who have made it to the top. What you have to do here is to identify the common traits/qualities amongst all these people. Are we ready? So here we go!



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Well, I can listen to some answers from you. Yes they all are Billionaires, they are celebrities, they are an Inspiration and Great world Leaders. You would agree to me if I say that they all are masters of their trade which has lead them to achieve an extraordinary Success. But the most important trait of all which I would like to highlight here that all of them have been passionate and committed to **Life Long Learning**.

You name any person who has achieved extraordinary levels of success in life and I can blindly bet that the person has been committed to a lifelong learning practice. They keep on learning new things on a regular basis and keep on transforming themselves.

Every Next Level of Your Life Will Demand a Different Version of You

The common mistake majority of people do is they stop Learning when they get their first job! I can recall another powerful quote here

“Your learning Ability will eventually decide your Earning Capacity”

And that's also the reason why, if you learn faster, you will stand out from the crowd, if you learn faster you can go from underpaid to Sufficiently Paid. So make sure that Learning is a Permanent Affair and not a temporary casual one.

The Best time to shape a pot is when it is still on the Potter's wheel, Similarly the best time to build a new habit or build a new skill or Learn a new strategy is when one is still in the Schooling years also called the **Fundamental Years!**



Hence, I dedicate this book to the **Students**, or rather I say the **Future Leaders!!**

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Strategies to Learn Better

Here in I will be sharing some common mistakes we do and how to avoid/overcome them in order to be a Better and Effective Learner. Also, I will be sharing the strategies in which our **Brain learns** the **BEST** and if we follow these, we can actually achieve more by doing less. These Strategies are time proven and have the backing of a decade of experience which I have gained by interacting with students.





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1) Information Input Quality:

Lets be true to ourselves, how many times it happens that we sit to study and are in process of receiving the information from the textbooks and the phone “beeps”. The interesting thing is, when you are learning, you must ensure that the quality of input is really high. You must be paying 100% attention. Because it is the quality of the input that goes into your mind will decide how well you memorize it and how easily you can recall it.

But the problem is when we are learning these days, we have a lot of distractions around us to which we fall for. There is TV running in the same room, or a loud music, not to forget the never ending notifications on your mobile phones to which you are always tempted. While trying to concentrate on the subject you are also part of a continuous commentary going in your head “the Mental Chatter.” How will the quality of the input be good if our attention is scattered in all these directions? Even Strong Sun Rays need to be focused at a

If you are learning something, at least for that time, you should be doing, not multitasking, but the exact opposite of it which is single tasking. 100% of your energy to one piece of work. That's how you will be on your way to mastery.

In My Book "**Hidden Secrets of a Super Learner**"** I have beautifully explained the phycological hack against distraction which will put the POWER in your hands, and you will see these distractions becoming powerless.

A Few things which you can follow to ward off distraction are:

- Keep the Phone away from yourself when you study.
- Study in chunks (30 min) and then take a break. It is easier to pay 100% attention for 30 minutes, rather than 2 hours at a stretch.
- Take at least 10 Deep breaths visualizing inhaling the confidence before you sit to study. This will help calm the mental chatter.

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2) Take Action:

The problem in today's world is that we are continuously bombarded with the new information and we are just consuming it. This gives us an illusion that we “Know” Everything but in reality we don’t.

For example, If you as a student are struggling with **making notes** and you read a lot of material on the same to gain some insight. Post reading, you get the “FEELING” that you know the things now and probably an expert in making notes. Please remember, till the time you don't put into ACTION what you have learnt, the Learning will be Peripheral (just on the boundaries) and what we are targeting here is a DEEP Learning.

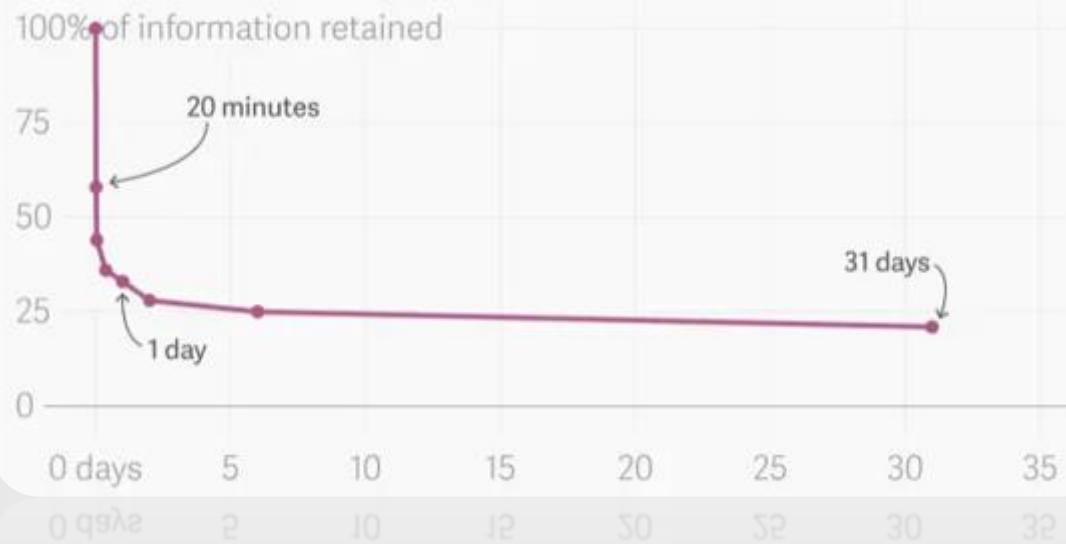
What is the point of learning something if you can't implement it and benefit from this? This is pure, intellectual entertainment and nothing else.

3) Reflect

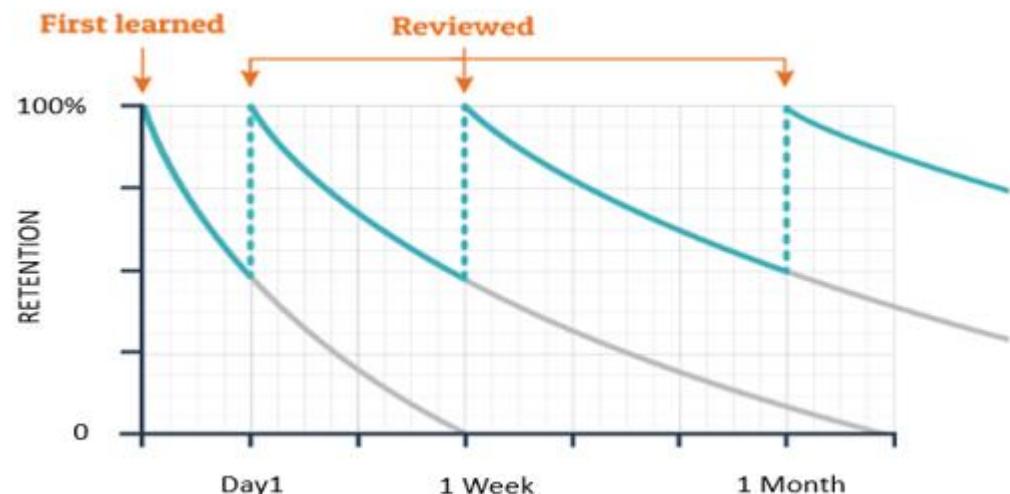
Another important step which many students miss. We usually are in a rush to learn new things, which is good. But the problem is that we don't reflect back on what we have learnt. After you learn something, pause for a while and ask yourself, "Hey, what's the takeaway from this information". And how can I use this information in my life? How can I use information in my work or in academics? When you pause, when you reflect, when you ask these questions. That's how learning solidifies.

Also, As per **Hermann Ebbinghaus Forgetting curve** whatever we learn, we tend to forget approx. 80% within a week however psychologists believe that we lose 80% of the new information received in 24 hours!! Let's not go by these numbers but understand and acknowledge that we have a tendency to forget! And that is where Revisiting the information gained becomes critical if you have to retain the information for a longer period of time.

Hermann Ebbinghaus' forgetting curve



If you don't revise, it is all wasted effort because once you forget, the brain treats the information as new and has to do all the hard work again which it did initially to register the information.



The Graph is for illustration and is not up-to correct scale

4) Teach what You Learn

This is something every student must have heard once in his/her lifetime.

The best way to learn something is to teach it. And that is so true. When you learn something, just share it with your friends, try to teach them the same and if they are not ready to be your student, do discuss the topic. Scientifically, what happens here is that when you discuss the same topic over and over again, you're helping your brain to pay more attention and the information is getting registered again and again. This is the path to mastery. I have not seen anyone who became a master at something, just by learning the thing once. They all became masters, by learning and more of teaching it again and again and continuously excelling.

So I have a question for you, when you are learning something new. How much time do you spend on learning, and how much time do you spend on reflecting on implementing and on sharing? Next time when you learn a new information, do think about these parameters.

5) Visualize and Story Telling

How many of you remember or can recall the Math's formulae/History Dates you learnt last year or a couple of years back?

How many of you remember the “thirsty crow” or the “Greedy dog” Story?

Well, I am 100% sure that all of you would be able to recall the stories but not the same case with the Math's formulae/Dates. Where in if we see, these stories were told to you when you were in kindergarten or in class 1st? And chronologically, we should be better placed to remember the formulas we learnt last year rather than these stories years ago.

This raises a question as to what is different in the second case that allows us to remember one even after so many years. To answer this, you will have to close your eyes and think about an Elephant. Close your eyes and do that for 5 seconds. Alright, if I ask you, what did you see? Was it a picture of an Elephant or the spellings “ELEPHANT”?



More than 95% of you will say picture and there is a reason for this. Our Brain thinks in terms of images. If you open your KG books, you will see a lot of pictures there and the stories are being told in form of big images.

The Second area where our mind automatically goes is where it finds interest. Have you ever seen anyone trying to concentrate hard in a cinema hall? Of-course No. Even then we tend to remember more than 80% of the movie by watching it once. Why is that? It is because wherever there is interest, the concentration is implicit.

Concentration comes in for free where the brain finds interest!

Information + Interest = Concentration

I will take the liberty of extending the 5th Point by a bit of Spice. The brain comprehends the images really well and wherever it sees the interest, the concentration automatically comes. There is one more modality where in our brain tends to get active and stores the information without any effort.

Let me explain: While going to your school/college and way back, you see numerous buses, cars, people, trees etc. Do you remember all of those? The answer is no, as our brain does not store all the data and it keeps on deleting it.

Now imagine one fine day, you see a **person with long hairs wearing a pink cap and a tail is dancing at top of an old ambassador Car.**

Tell me, will you ever be able to forget this incident throughout your life? The answer is no. So our brain tends to register the UNIQUE information without any effort.

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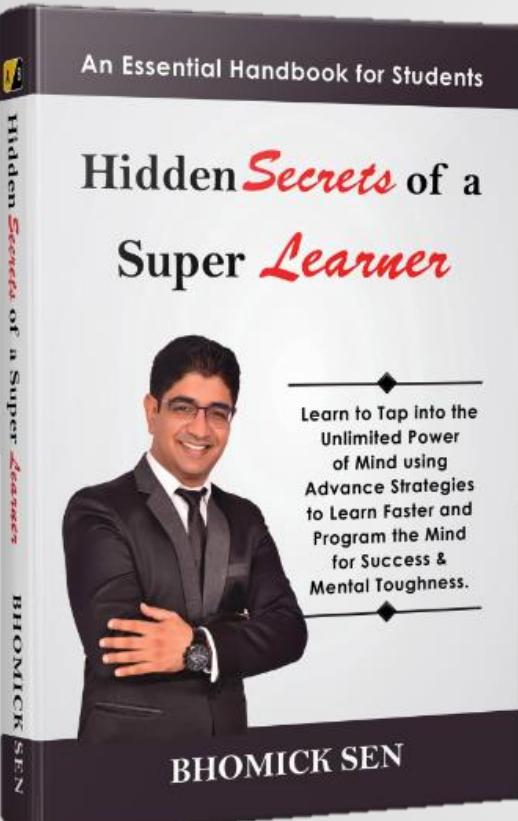
So broadly to summarize, if we can summarize here, the brain will tend to learn and remember the things without any effort which are in form of pictures, or of interest or is unique.

And if we can put in all these ingredients in our syllabus, our studies will no longer be a pain and learning will indeed become a FUN Activity.

I have made a you-tube video where in I have exactly shown that how we can put these ingredients in our curriculum and use it to learn new words (Enhance vocabulary) and many other applications. Click below to Learn More.

https://www.youtube.com/watch?v= WpfSjaqa_Q&t=1s

Let Me Tell You What All Secrets will this Amazing Book Reveal To You!!



- Tap into the power of **Trained Memory** via Advanced Learning Strategies to **Learn Faster, Remember More** and **Program your Mind** for Success.
- Understand, What kind of **Learner** are you? Understand and apply the respective strategies to Learn Better.
- Effective Ways to Deal with and **Beat the Exam Pressure**.
- Learn to make **Super Effective Notes**.
- Super Easy and Effective way to **Learn Vocabulary, Periodic Table, History Dates and Spellings**.
- **Boost your BRAIN POWER**.
- **Power of Sample Papers**
- Super Powerful **Memory Building Techniques/Strategies**.
- **Secrets of Concentration. How to Concentrate?**
- How to **Eliminate Distractions**
- Getting Rid of **Bad Habits** and Forming the Productive ones Easily
- **Beat Procrastination** and learn to **FINISH Work NOW!**
- **Beat Worry and Overthinking** be absolutely sure about your Success.

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Thank you for your time.
I am sure this e-Book was helpful.

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to me at superpowerlearner@gmail.com

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